Savanna has arrived!

SAVANNA
IN SADDLE RIDGE

PAIRED HOMES from the $340s

SINGLE-FAMILY HOMES from the $400s

Elevations may not be exactly as shown. Rendering is artist concept only.

Register online now for priority selection status.

TEMPORARY SALES CENTRE OPENS FEB 13.

CARDEL HOMES

Built for real life.
CARDELHOMES.COM

Calgary metro

Your essential daily news | THURSDAY, FEBRUARY 4, 2016 | High 4°C/Low -3°C Partly Cloudy

CALGARY FLAMES
Dennis Wideman to appeal 20-game ban
metroSPORTS

Kathy Brown with her daughters, Josephine, 2, and Violet, nine months. JENNIFER FRIESEN/FOR METRO

Family looks to save old home by finding a buyer to move it metroNEWS

Jobs program still not at work

ECONOMY

NDP's $178M plan delayed until spring

Ryan Tumilty
Metro | Edmonton

The NDP government's much touted job creation program is late for work.

The government announced the new program in the October budget and a plan to have it in place for Jan. 1.

The government gave the program $178 million, spread over two years. It promised to reimburse employers up to 10 per cent of a new hire's salary, to a maximum of $5,000, and said the program would create up to 27,000 new jobs.

But the program's web page indicates details are still being worked out and that it won't be accepting applications until spring 2016.

Marion Nader, press secretary for Deron Bilous, the minister of economic development and trade, said the program benefits would be retroactive to Jan. 1 but is still being worked on.

"Creating jobs and diversifying the economy is job number one for this government. That's why we are currently doing our due diligence on this program to ensure that it is as responsive as possible to the current economic conditions," she said in an email.

The program was an NDP campaign pledge during last year's election.

Premier Rachel Notley said, at the time, it was an example of her party's priority to create jobs, which she charged the Progressive Conservatives weren't focused on.

"Albertans deserve an NDP government that shares their priorities and works with businesses to create new jobs and invest in Albertans. It's time for a government that has the right priorities," Notley said, in a press release during the campaign.

Amber Ruddy, director of provincial affairs with the Canadian Federation of Independent Businesses, said her members would like information.

"When you look at what specific policies the Alberta government is focusing on for small business, the job grant is one that they promote a lot," she said. "They point to these great initiatives, but no details have actually come out."

Alberta's unemployment rate was seven per cent as of December.

TRUDEAU'S VISIT | Prime minister says he will fast-track $700M to Alberta | metroNEWS

In-Demand Programs Starting Monthly

We offer Health Care, Businesss and IT diploma and certificate programs that are designed to prepare you for new careers with great employment opportunities and earning potential.

Get started today! 587.331.8233 | robertsoncollege.com

ROBERTSON COLLEGE
students first.

SOUTH POINTE TOYOTA SCION

TOYOTA

PUBLIC NOTICE

"ONE DAY SALE" SATURDAY, FEBRUARY 6TH 9AM- 6PM ONE DAY ONLY

UP TO 50,000 AEROPLAN MILES* aeroplan

FREE TRIP FOR 2* TO *Vegas* OR CRUISE WITH EVERY PURCHASE*

$1,000* FREE FUEL WITH ALMOST EVERY PURCHASE*

NO PAYMENTS UNTIL JULY 2016* O.A.C PLUS.....0%*

FREE ALL SEASON TIRES & ONE YEAR STORAGE*

CASH BACK ON EVERY SALE* PAY OFF YOUR BILLS UP TO $5,000*

STK: P502136

OR 0%

2015 **TOYOTA RAV4**

AWD, LOADED

WAS: $28,720*

NOW $25,800*

STK: P600002

OR 0%

2015 DEMO **TOYOTA COROLLA**

AUTO, A/C, + MORE

WAS: $21,349*

NOW $18,988*

STK: P501855

OR 0%

2015 **TOYOTA CAMRY**

LOADED, AUTOMATIC, **ONLY 4 LEFT**

WAS: $26,190*

NOW $23,800*

STK: P500234

OR 0%

2015 DEMO **TOYOTA TACOMA TRD**

4WD, DCAB, TRD PREMIUM, LEATHER, SUNROOF, LOADED

WAS: $44,960*

NOW $39,800*

STK: P502490

LAST ONE!

2015 **TOYOTA HIGHLANDER**

LOADED, V6, AWD, XLE

WAS: $43,349*

NOW $40,980*

STK: P500303

OR 0%

2015 DEMO **TOYOTA TUNDRA**

4X4, DCAB, TRD, LOADED, 5.7L, V8

WAS: $49,117*

NOW $39,800*

DON'T MISS THIS EVENT! ONE CHANCE SAT 9AM - 6PM

AMVIC

SOUTH POINTE TOYOTA SCION

SOUTHPOINTETOYOTA.COM

*All prices include all Taxes and Fees and are plus gst only. Advertised prices cannot be combined with TFS low subsidized rates. All Toyota rebates have been applied to all advertised prices. Only one offer per customer and offers vary by model. Offers cannot be combined. 0% on select terms & conditions apply. See dealer for details. Aeroplan miles vary by model, cash back varies from $250 to $5000, all other offers have conditions.

403.567.8888
11500-35St. SE
BARLOW TR. & DEERFOOT TR. SE

aeroplan Plus Earn Bonus Aeroplan Miles
Ends February 29, 2016.

TOYOTA SMART BUY EVENT

metro NEWS

Your essential daily news

Raise your spoons: Ben & Jerry's now making non-dairy ice cream.

IN BRIEF

Man faces charges after brandishing gun at officer

Charges are pending against a man who allegedly brandished a handgun at a Calgary police officer, before retreating into his home.

At about 2 a.m. on Wednesday, an officer conducted a traffic stop in an alley in the 200 block of Temple Bow Place NE. As the officer dealt with the occupants of the vehicle, police said a man exited a nearby home and brandished a handgun.

The officer called for backup and challenged the man — who then retreated inside the home, with several others who were already inside. After a few hours of negotiation, the offender and six others exited and were taken into custody. METRO

AHS commences search for new CEO, president

Alberta Health Services (AHS) has begun a search to recruit the organization's next permanent president and CEO.

The health authority hired executive search firm Boyden to recruit someone with significant experience leading large and complex organizations, according to a news release.

Last November, Vickie Kaminski announced her resignation as AHS' president and CEO.

The recruitment process is anticipated to take until mid-year. METRO

'I'm in shock,' says Isaiah Zoue's father

SUSPICIOUS DEATH

Yves Zoue in dark as police continue their investigation

Lucie Edwardson
Metro | Calgary

The father of three-year-old Isaiah Zoue is remembering his son as an energetic kid who loved Thomas the Tank Engine.

Yves Zoue, 27, said he was looking forward to seeing his only son on Saturday, but now he said his world has been turned upside down.

"I talked to him on Tuesday," said Zoue who is originally from Africa. "I'm in shock. I'm just trying to do everything for my kid first and figure out the rest after."

At approximately 9:50 p.m. Saturday, police were called to check on the welfare of a resident in the 400 block of Ranchlands Grove NW. Once inside, police found little Isaiah dead and his mother in medical distress.

Police said Isaiah's death is considered suspicious, but hasn't been declared a homicide.

Zoue said his son was the perfect child and their time together was always happy.

"We just liked to play around," said the father. "He was very outgoing — so full of energy. Always moving and happy — he was just the kind of kid you would want."

Isaiah Zoue's dad remembers his son as a 'happy' little boy who was 'full of energy' and loved Thomas the Tank Engine. The investigation into Isaiah's death is ongoing. FACEBOOK

As for what happened to his son, Zoue said he is still in the dark.

"I know nothing yet, they tell me they're still investigating," he said. "There is nothing I can do."

Zoue said although his relationship with his son's mother, Fatim Bamba, had always been good, he hasn't spoken with her — and doesn't want to.

"I don't want to talk to her, what am I going to say to her — I'm not the police," he said. "All I know is she can't talk. Before she was unconscious and now she is stable."

> **He was just the kind of kid you would want.**
> Yves Zoue

Franck Zoue, Yves's brother and Isaiah's uncle told Metro Bamba suffered from medical issues that needed weekly check-ups for her blood pressure. He said his brother was often frustrated Bamba wouldn't let him take their son for longer.

"Yves relationship with her was peaceful from what I know," said Franck. "But, she never gave him an opportunity to let him take care of his child knowing that she had health issues and couldn't always be available to guide Isaiah."

Zoue said he is currently planning his son's funeral as family flies in from out of town.

ALBERTA HEALTH SERVICES

E. coli warning issued

Alberta Health Services (AHS) is currently investigating an outbreak of E. coli cases in the Calgary Zone.

As of Tuesday, the health authority said the outbreak includes 14 lab-confirmed cases of E.coli O157:H7.

AHS said recent tests linked at least two of the 14 cases with a specific pork sausage product sold by a Calgary-based retailer. It said it hasn't confirmed a single source of illness connected to all 14 outbreak cases.

AHS is advising people who purchased Paolini's Sausage & Meats's Hungarian Farmer's Sausage before Tuesday to handle the sausage as if it's raw meat, and cook it to an internal temperature of 71 Celsius before eating.

Cooking it to that temperature will kill any potential E. coli bacteria — the product is not ready-to-eat, and appropriate cooking instructions aren't provided on its packaging, AHS said.

AHS said it's currently working with other partners to identify any additional potential source of illness associated with this outbreak.

To reduce risk of E. coli infection, you should wash your hands with hot, soapy water often; cook beef and pork to at least 71 C (160 F); and thoroughly wash all kitchen tools and surfaces that have touched raw meat to avoid cross-contamination, among others. METRO

EARN A MEDIAN WAGE OF $25.06/HR* AS A PAYROLL OFFICER!

Get hands-on training and earn your **Accounting and Payroll Administration** diploma in less than a year!

REEVES COLLEGE ALSO OFFERS PROGRAMS IN:

- Addictions and Community Services Worker
- Business Administration Management
- Health Care Aide
- Legal Assistant
- Medical Office Administration
- And More!

ASK ABOUT OUR EVENING CLASSES!

Financial assistance may be available to qualified applicants.

1.800.533.1457
STUDY.REEVESCOLLEGE.CA

REEVES COLLEGE

Cat hitches ride on rig

ADVENTURE

Makes journey from Hogtown to Cowtown and stays

Helen Pike
Metro | Calgary

Sure, raccoons take the subway, but a cat recently found in Calgary high-tailed it out of Toronto aboard a long-haul transport truck.

About a month ago, a cat, believed to be from Toronto, apparently hitched a ride on a Bison Transport truck. Three days later, the Russian Blue ended up in Calgary, and the company's property services banded together to care for the stowaway.

Brent Kennedy, officially in charge of litter-box cleaning for about a month at the Bison Transport cross dock, said it was a team effort to keep the cat safe and fed while it was getting used to the busy surroundings. But eventually the temporary kitty kingdom was too dangerous to be a permanent home.

Now, Gulliver, as the cat was named, is in the hands of the MEOW Foundation, where he'll be prepped for adoption.

Kennedy fell in love with the cat he called "dirty blue." He's glad he found the cat a temporary home but hopes to bring Gulliver back to his own abode — if his wife agrees to take in the feline.

"It's a great cat. I was thinking about potentially adopting it once it's socially rehabilitated," Kennedy said.

"Normally I stick to dogs, but I don't know, it's a rough-and-tumble cat. He's a Russian Blue, which means he's a really big cat and, even though he was really apprehensive to human presence and contact … we got him acclimatized enough to us so that we could handfeed him and care for him."

Meet Gulliver, who stole hearts at Bison Transport and is now in the care of the Calgary MEOW Foundation. CONTRIBUTED

MEOW Foundation shelter manager Sandra Henry said Gulliver is a sweetheart and definitely a domesticated stray, based on his temperament. They're waiting to have him neutered before he'll be ready for adoption.

"He is the sweetest boy; he's eating like he hasn't eaten in months," Henry said.

"He's a big suck. We pet him; he purrs. He's a wonderful boy."

Henry said it's sad the cat didn't have any identifiers, because if he's from Toronto and missing, it's a little far from home with few clues to reunite him with a family.

SEXUAL ASSAULT

Abduction suspects sought

Lucie Edwardson
Metro | Calgary

Calgary police seek two men in relation to a sexual assault last September. A third man has been charged and is in custody.

Acting Staff Sgt. Sarah Roe said the abduction and assault took place Sept. 27, when a woman in her 40s left a bar on the 1800 block of 35th Street S.E. and was forced into a white SUV parked outside by a man.

"The woman was then taken to a residence, where she was sexually assaulted by three men," said Roe. Police charged three men but only arrested one. The other two are wanted on nationwide warrants.

Edvin Rolando Cruz Cerrato, 45, and Berlin Noel Valle Banegas, 25, are sought by police. Roe said it's possible they left the country as they have ties to Honduras.

Anyone with information regarding the whereabouts of Cruz Cerrato or Valle Banegas are asked to call 403-266-1234. For descriptions and photos of the men, visit www.metronews.ca/calgary

YOUR VOYAGE STARTS NOW

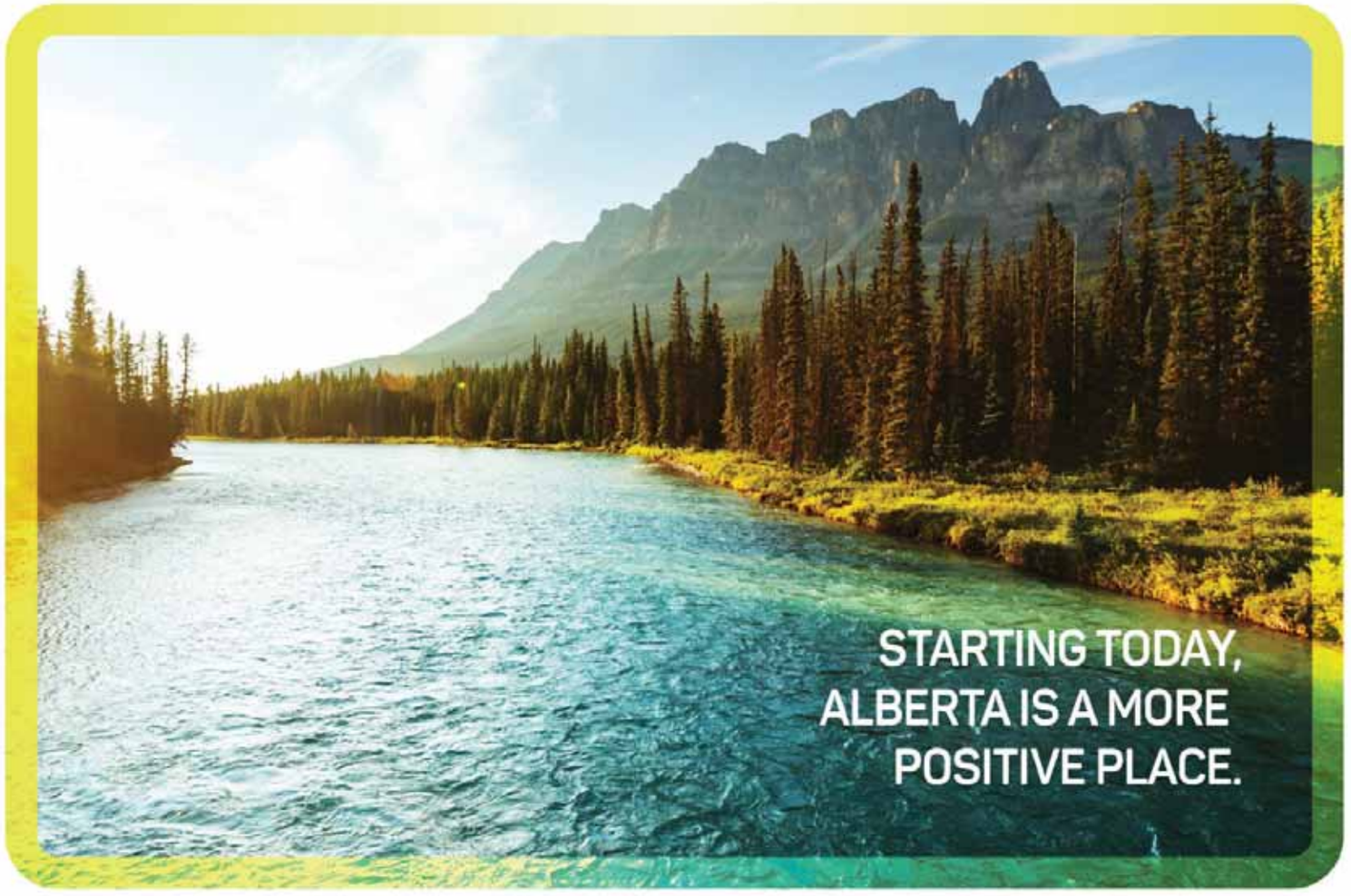
CONDOS FROM THE UPPER $100s

Set sail with the assurance of quality craftmanship & the excitement of four season access to a private 43 acre lake. **You truly get it all at Regatta** with several stylish floorplans to choose from, large kitchens, amenities such as a bocce ball court and an outdoor dog wash.

$1,000 REGISTRATION BONUS*
*See website for details.

#REGATTAYYC

Brookfield Residential
BrookfieldYYC



Introducing a new kind of electricity and natural gas company for your home.

At ATCOenergy we deliver more than just energy, we deliver positive energy. By wanting to sell you less, so you can save more. By doing the little things that gain your trust. Like offering great rates with flexible plans. And customer service that helps, not hurts. It's what we like to call, positive energy.

ATCO energy

ATCOenergy.com 1.844.OUR.ATCO

All customers are free to purchase natural gas services from the default supply provider or from a retailer of their choice and to purchase electricity services from the regulated rate provider or from a retailer of their choice. The delivery of natural gas and electricity to you is not affected by your choice. If you change who you purchase natural gas services or electricity services from, you will continue receiving natural gas and electricity from the distribution company in your service area. For a current list of retailers you may choose from, visit www.ucahelps.gov.ab.ca or call 310-4822 (toll free in Alberta).

COMPETITION

ATCO ready to sell electricity, gas to homes

Jennifer Friesen
For Metro

ATCO Group has officially returned to the retail market.

The Calgary-based company launched ATCO energy on Wednesday — a new electricity and natural gas retail company that's promising lower costs for homes and businesses.

"All of our electricity will come from clean burning, natural gas-fired generating plants and renewable resources," said Nancy Southern, ATCO president and CEO. "That will positively change the energy retail landscape in our province."

After signing a non-compete agreement with Direct Energy in 2004, ATCO was off the residential market 10 years. But, now that they're back, Southern said the company will create new jobs and lower electricity and natural gas rates as Albertans face an economic downturn.

"It's time for Albertans to enjoy the benefits of Alberta investment, and we have not been able to offer that because of the non-compete," she said. "It's the right time for us to bring a low-cost solution."

Senior vice president Steven Landry said the company is offering what he says is the lowest administration fee in the province, at $7 per month.

Customers will receive a $50 credit every year for the duration of their agreement, and will be able to select green electricity options.

ATCO currently operates in Alberta, but Southern said the launch is a springboard to the global market.

"My father always said, 'Never stop selling, never stop dreaming,'" said Southern, referring to founder Ron Southern, who passed away last month. "We're always thinking about what our future's going to look like and where the next opportunities will come from."

HOUSE OF CARS
SALES / SERVICE / FINANCE
LOWER YOUR CURRENT MONTHLY
VEHICLE PAYMENTS!
plus get up to $10,000 CASH BACK!
Rates Starting @
3.9%
On approved credit.
APPLY TODAY!
DRIVE TODAY!
www.houseofcarscalgary.com
Prices are based on vehicle only. Warranty, finance fees and GST extra O.A.C. Any weekly payments are calculated at 4.99% interest over 60/72 months depending on year of vehicle. Total cost of credit based on an interest rate of 4.99% over 84 months will be approximately $3,353.19 if customer pays the minimum payment for the full term. Each individual's credit will result in different cost of credit amounts.
Easy 30 Second Online Application
WWW.HOUSEOFCARSCALGARY.COM
Chinook 403-454-5794
Barlow Trail 587-352-7307
Macleod Trail 403-457-2244
Medicine Hat, AB 587-289-0981
HOUSE OF CARS
SALES / SERVICE / FINANCE

Chinatown Community Stakeholders' Committee is concerned council will approve an amendment to allow a 30-storey building to go up in the cultural district. JEREMY SIMES/FOR METRO

Fears rise in Chinatown

DEVELOPMENT

Skyscraper would change community, residents say

Brodie Thomas
Metro | Calgary

With Chinese New Year fast approaching, people in Chinatown are raising the alarm over a development they say could threaten the district's cultural heritage.

Terry Wong, spokesperson for the Chinatown Community Stakeholders' Committee (CCSC), said a proposed amendment to the Area Development Plan could lead to a 30-storey building going up in the historic district.

"Chinatown is not opposed to growth and development," said Wong. "We're looking forward to revitalizing Chinatown."

He added that any development has to respect the area's cultural heritage and its role as both a commercial and residential area for Calgary, and that's what has the group concerned.

The CCSC believes the 30-storey building would not fit in with the current mixed commercial and residential buildings. Current regulations limit buildings at 15 storeys.

The city is about to begin working on a new Area Redevelopment Plan for Chinatown — a document that would lay out future rules for development in the area.

"What we're worried about is this as a prelude to the ARP review," said Grace Su, also with CCSC.

"What's decided on this change might set precedent to the future developments or the coming ARP review."

The parcel of land is currently an Impark parking lot. It is bound by 2 and 3 Avenue SW, and Centre and 1 Street SW.

The amendment going before council on Monday includes a recommendation from city administration to approve the policy amendment and land use amendment.

The development is being handled by Manu Chugh Architect, and the landowner is listed as El Condor Lands Inc. Neither company had anyone available to comment when contacted.

Area Coun. Druh Farrell was travelling and unavailable for comment.

> "What's decided on this change might set precedent to the future developments." Terry Wong

Speakers at a presentation hosted by Calgary Economic Development discussed how oil-and-gas companies are altering their workforce to stay afloat through lower prices.
THE CANADIAN PRESS FILE

EMPLOYMENT

Oilpatch jobs still there, say experts

Brodie Thomas
Metro | Calgary

Oil prices will be lower for longer. That's the catch phrase being used around the oil-and-gas industry in Alberta, but despite doom and gloom, there are still jobs out there.

Calgary Economic Development held a presentation Tuesday at the Calgary Public Library for residents still looking for employment.

Judy Robertson was one of the hundred or so attendees taking notes in the audience. She was an administration coordinator and dispatcher in the gas sector and has been out of work since Dec. 2.

Although she didn't come away with any specific job leads, she said the workshop was helpful: "I guess it was encouraging to hear that there are other options out there."

Participants heard from several speakers, including Carol Howes, vice-president of communications with Enform, which is the safety association for the oil-and-gas industry. She said oil-and-gas companies are shifting from construction to operation and maintenance of their existing facilities — meaning many of those jobs are safer.

She said a skilled workforce will be needed when the price of oil rebounds, and any experience is a benefit.

Dave Smith, president of the Calgary Construction Association, told the group that it's actually a great time to get into that industry, because of attrition.

"There are 1,000 workers retiring every day in Canada," said Smith. He added that management skills are desperately needed in the industry and often easily transferable from oil and gas.

WINTER DRIVING

New app lets users report bad roads

Albertans are now able to report road conditions directly to 511 through the recently launched Citizen Reporter App.

After taking an online training course, Albertans will be able to use the Android and iPhone app to help keep drivers safe on provincial roads.

"We all play a part in keeping Alberta's winter roads safe," said Brian Mason, minister of transportation, in a release.

Albertans will also be able to see the results of their reporting in action, as 511 Alberta has also updated its website to allow users to track the more than 600 snowplows operated by Alberta Transportation contractors.

For safety reasons, RCMP are stressing that neither the app nor website should be used while on the road — instead, do checking and reporting before leaving or after arriving at your destination. METRO

Roosh V cancels meetups

MISOGYNY

Controversial blogger claims safety reasons

A controversial blogger known for his pro-rape views has cancelled several dozen "Return of Kings" meet-ups across Canada scheduled for Feb. 6.

"I can no longer guarantee the safety or privacy of men who want to attend on Feb. 6, especially since most of the meet-ups cannot be made private in time," Daryush Valizadeh, known online as "Roosh V," posted to his website Wednesday evening.

"While I can't stop men who want to continue meeting in private groups, there will be no official Return Of Kings meet-ups. The listing page has been scrubbed of all locations. I apologize to all the supporters who are let down by my decision."

On Tuesday, Mayor Don Iveson told Metro that Roosh and his supporters were not welcome in Edmonton.

"The strongest response from Edmontonians is by a show of non-force that nobody shows up to this stupid meeting," he said.

Meetings had also been planned in Toronto, Calgary, Ottawa, Winnipeg and Vancouver. METRO

Roosh V YOUTUBE SCREENSHOT

"I remember visiting Good Earth when it first opened in 1991.
It was unique as it served both amazing coffee and healthy food
– I'm glad to see that some things don't change!"
– Elaine Kupser,
customer since 1991.
In the summer of 1991, Elaine Kupser started her own business (IMPACT Magazine) the same time Good Earth opened its doors. Throughout the years, Good Earth has been part of Elaine's daily routine and community. It's a place where she has taken friends, family and clients over the last 25 years. And now with more locations to choose from, she won't run out of options to drink her favourite coffee or enjoy her favourite healthy foods!
Your coffeehouse. Your story.
This is Elaine's story, what's yours? Tell us on social media
@GoodEarthHQ or at www.goodearthcoffeehouse.com/25years
Good Earth
25 years
More than 45 locations across Canada! Find your nearest coffeehouse at www.goodearthcoffeehouse.com

A free house — just pay delivery

Top: Nine-month-old Violet Brown plays in the living room, which doubles as a bedroom for the family of four. **Bottom left:** Kathy Brown, left, and Josephine make animal noises in the kitchen to entertain the youngest daughter, Violet. **Bottom right:** Josephine Brown, 2, plays with her dollhouse inside her Inglewood home. PHOTOS BY JENNIFER FRIESEN/FOR METRO

HISTORIC RESIDENCE

Owners want others to enjoy 'charm' of century home

Helen Pike
Metro | Calgary

This Inglewood house is free to a good home.

After outgrowing their two-bedroom abode, Kathy Brown and her family wanted someone else to enjoy its charm and save their shingle shack from the landfill — so they came up with an idea that could save the historic residence.

It's free for the taking; all you need to make this house your home is a reputable moving company and a piece of land.

"We knew that this house was going to be temporary for us, and over the past two years we fell in love with it," Brown said. She laughed and explained the house was initially a squeeze with their first child, but now that they have two girls it's bursting at the seams. Nine-month-old Violet Brown plays in the living room, which doubles as a bedroom for the family of four.

"The plan originally was to tear down the house to the foundation, and as the time has passed we fell in love with the house more and more."

> **Over the past two years we fell in love with it.**
> Kathy Brown

The century home was built in 1911 as a cedar siding home and has several quirks like amazing animals on the walls, a mountain and camping border that lines the kitchen and bathroom — something they couldn't wait to get rid of when they moved, but Brown said now see as charming.

Pat McCann, with McCann Building Movers, said his company is the only one up for the job in Calgary — and moving a house can cost a pretty penny at around $18,000 to $30,000 — especially out of Inglewood. That's not where the costs end. Anyone moving a house will have to account for building a foundation, and getting the home hooked up to water, power and gas lines, McCann added. But that said, a free house is still a steal.

Brown said they're hoping to start building in the early spring, but haven't yet set a deadline. If they aren't able to find someone to take the house off their land they'll open it to the public with the hope folks can salvage anything possible. But she's still hoping someone can save it.

"It could make someone's life easier by getting a roof over their head and carry on the charm that grew on us," Brown said.

Calgary

Interested in doing a job that counts?

The City of Calgary is hiring Census Takers

Starting in late April, Census Takers will go door-to-door collecting census data on tablets. Applications to become a Census Taker are open until Feb. 29, 2016.

To learn more or download an application form, visit calgary.ca/census

2016-0075

Karlee Lewis, a cancer survivor, was one of six children who joined the chorus, singing We Are One. JENNIFER FRIESEN/FOR METRO

GLOBAL CHORUS

Kids raise their voices to raise awareness

Jennifer Friesen
For Metro

Standing in front of a laptop camera, nine-year-old Karlee Lewis smiles as she sings the words, "As one, we will rise, we won't give up this fight."

Lewis has been cancer-free since 2012, after being diagnosed with leukemia when she was three. On Wednesday, she joined five other children at Kids Cancer Care to record a new song written for children with cancer.

Their voices will be added to a global chorus for the song We Are One, by Christophe Beck, the Canadian composer best known for his musical score in the Disney film Frozen. On February 15, International Childhood Cancer Day, the song will be released on iTunes and Spotify.

"Just to know that you're not alone in this battle is so important," said Christine McIver, founder and CEO of Kids Cancer Care Foundation.

"This is a really nice way of letting the kids … raise their voices and be a part of an international song that will bring kids from all over the world, together."

To date, 769,913 children have recorded their voices for the song, and kids still have until Feb. 8 to join in at child-4child.com.

IN BRIEF

Police think alcohol may be factor in accident

A 12-year-old boy suffered serious injuries when he was hit by a vehicle while walking to school in Lethbridge.

The accident happened Wednesday morning on the city's north side.

Police say the boy was hit by a pickup truck.

He was taken to the Lethbridge hospital for treatment. The truck driver has been arrested.

Investigators believe alcohol may have played a role in collision.

THE CANADIAN PRESS

Trial starts for man accused of attacking woman

A jury has begun hearing evidence at the trial of an Alberta man accused of attacking a woman who then ran into the bush and was lost for nearly two weeks.

Kevin Roy Gladue, 38, is facing several charges, including aggravated assault, aggravated sexual assault, and obstructing police.

It's alleged Gladue hit the woman and tried to sexually assault her, but the woman ran into the bush.

THE CANADIAN PRESS

Needs of refugees growing

SYRIAN CRISIS

Government-assisted groups will face more issues: Analysis

As the Liberal government's target date to resettle 25,000 Syrian refugees inches ever closer, a government analysis of those who've already arrived paints a sobering picture of the resettlement challenge ahead.

Data obtained by The Canadian Press shows that government-assisted refugees have more children, lower language skills and lower education levels compared with those being resettled by private groups.

Here's a look at what it found, and some of the implications for resettlement providers.

Bigger families

53 per cent of approved cases listed five to eight people on the application, raising concerns for the current housing crunch. It's harder to find apartments to accommodate that many people within available budgets.

They're younger

55 per cent of approved applicants were 14 years of age or younger, compared with 27 per cent of privately sponsored ones. Services directly targeted at children will need to be stepped up.

Language barriers

67 per cent of approved applicants reported speaking neither English or French. In some cities, wait lists for language training are over a year long.

Lower education levels

Anecdotal reports suggest the average level of schooling for adult Syrian government-assisted refugees is six to nine years. Of cases coming from Jordan, 90 to 95 per cent have not finished high school. The report notes that many kids are also a year or two behind their peers, putting new demands on the school system.

They're generally healthy

The brief says the health of refugees runs from entirely healthy to those with severe diseases such as cancer. But only 12 per cent of the medical assessments had at least one condition listed. The most common were hypertension, diabetes and vision or hearing impairment. Mental health issues have also been known to arise soon or several months after arrival in Canada. THE CANADIAN PRESS

Prime Minister Justin Trudeau greets refugee families who recently arrived in Canada at an open house of the Masjid Al-Salaam Mosque in Peterborough, Ont., Sunday. THE CANADIAN PRESS

SECURITY

U.S. senators probing Canada's refugee plan

The U.S. Senate committee for homeland security is studying the implications for U.S. security from Canada's refugee program. The committee is hearing from two Canadians who have criticized the Trudeau government's refugee plan, including a representative of U.S. border guards who says the border is porous and needs more guards and a trade expert.

THE CANADIAN PRESS

INFRASTRUCTURE

Leaders agree to fast-track funding

Alberta Premier Rachel Notley and Prime Minister Justin Trudeau emerged from a meeting Wednesday with a formal commitment to fast-track $700 million in previously committed federal infrastructure money to the struggling province.

The federal government has been saying it wants to expedite $13.1 billion in existing, national infrastructure cash allocated by the previous Conservative government, but never spent. Of that sum, $704 million is earmarked for Alberta.

But there had been no formal announcement on the fate of those dollars. That came after the two leaders met at the legislature in Alberta.

There were still no specifics on what projects the money will fund, but Notley said she expects to see it start flowing in a matter of weeks to months.

Notley said she also pushed Trudeau to make changes to Employment Insurance that will broaden access for laid-off energy workers. THE CANADIAN PRESS

CHILD EXPLOITATION

Ottawa man facing sex-crime charges

Joe Lofaro
Metro | Ottawa

An Elvis impersonator from Ottawa is accused of multiple sex crimes — including sexually assaulting young boys and girls over a period of several years beginning in the early 1990s.

Dan Burgess — who has performed as Elvis Presley for more than 25 years — also faces child-pornography charges.

Ottawa police say they obtained a warrant and searched the 54-year-old's home in the city's east end, where they seized several computer hard drives.

Burgess' family say they are shocked by the charges.

"I'm going through hell and I do not want to talk to anybody," said Burgess' wife, Suzanne.

IN BRIEF

Members of Canadian navy charged with drug offences

The Canadian navy says two members of a warship have been charged with drug offences by Japanese police. Police detained two military members and a civilian employee on Monday for the alleged use of a controlled substance. The charges follow a port visit to Tokyo by a Halifax-class frigate with a crew of about 250 personnel.

THE CANADIAN PRESS

INFORMATION LAWS

'Cultural change' could be enough to open government

The Liberals' promise to pry open government requires nothing less than "cultural change" within the public service, warn documents obtained by Torstar News Service.

Treasury Board President Scott Brison was told in November there are significant hurdles to the Liberals' campaign pledge to reform access-to-information laws, make government information open by default and more effectively communicate with the public.

Documents prepared for Brison describe a federal culture of "limited disclosure, insular policy making," which takes into account the "federal view only."

To implement the Liberals' ambitious democratic reform agenda, that culture will need to shift to one of "proactive release, engagement and connectivity (and) broad leadership on open government."

Trudeau has already made clear he wants to end the era of the federal government deciding and acting on issues unilaterally, putting an emphasis on meeting with provincial premiers and, on Friday, the mayors of Canada's largest cities.

TORSTAR NEWS SERVICE

SAVANNA
IN SADDLE RIDGE

Savanna has arrived!

PAIRED HOMES
from the
$340s

SINGLE-FAMILY HOMES
from the
$400s

Elevations may not be exactly as shown. Rendering is artist concept only.

Register online now for priority selection status. Temporary sales centre opens Feb 13.

CARDEL HOMES

Built for real life.
CARDELHOMES.COM

Afghan insurgents kill child soldier

URUZGAN PROVINCE

Boy, 10, had fought against the Taliban with militia

A 10-year-old Afghan boy who was declared a hero after fighting the Taliban has been shot dead by insurgents while on his way to school, officials said Wednesday.

Wasil Ahmad, who had fought the Taliban alongside his uncle on many occasions, was killed Monday near his home in Tirin Kot, the capital of the southern Uruzgan province, said deputy police Chief Rahimullah Khan.

The 10-year-old boy had been a local celebrity of sorts, with widely circulated photographs on social media showing him holding an automatic weapon and wearing a uniform and helmet.

Ahmad's uncle was a former Taliban commander who changed allegiance to the government and was appointed local police commander in Khas Uruzgan district, Khan said.

The use of child soldiers is illegal in Afghanistan, but the charity Child Soldiers International said both government forces and insurgents have been recruiting minors for years.

The organization's policy and advocacy director Charu Lata Hogg told The Associated Press that the Afghan government, despite pledging to stop the recruitment and use of children by the Afghan security forces, was making "slow and tardy progress."

> There's a lack of political will to address this issue.
> Charu Lata Hogg, Child Soldiers International

"There is a lack of political will to address this issue, and while it's within the framework of overall human rights violations, there is a specific commitment by the government to clean it up but sufficient measures are not being taken," she said.

In a June 2015 report presented to the UN Security Council's working group on children and armed conflict, the London-based charity said children were recruited by the Afghan National Police and the Afghan Local Police. It said the recruitment was mainly driven by poverty, but also filial duty, patriotism and honour.

Rafiullah Baidar, spokesman for the Afghanistan Independent Human Rights Commission, said that local police had hailed the boy as a hero after he battled a Taliban siege following the death of his father.

"One side made him famous and the other side killed him — both sides ignored the law and acted illegally," Baidar said.

Afghanistan ratified the UN Convention on the Rights of the Child in 1994, committing the country to end the recruitment and use of child soldiers.

THE ASSOCIATED PRESS

MIGRANTS 'THIS, ABOVE ALL, TO THINE OWN SELF BE TRUE' The words from Shakespeare's Hamlet rang out on the most unlikely stage on Wednesday — a squalid migrant camp in the French port of Calais, known locally as the "jungle." Up to 300 people bundled against the cold to watch the outdoor show on a wooden stage beside the small Good Chance theatre, set up last fall to help fill the void for displaced residents. THIBAULT CAMUS/THE ASSOCIATED PRESS

We are with you
every step of the way.
Choosing the right career and the right college are important decisions to make on your journey to success. At Robertson College, you will receive guidance and assistance every step of the way.
587.331.8233 | robertsoncollege.com
ROBERTSON COLLEGE
students first.

HEALTH

Heat helps spread of Zika virus

In its brief lifespan, the mosquito that carries the Zika virus is caught in a race: Will it pass the disease to humans before it dies?

Weather might make the difference. Scientists say the hotter it gets, the more likely the insect can spread disease.

"With higher temperatures you have more mosquitoes feeding more frequently and having a greater chance of acquiring infection. And then the virus replicates faster because it's hotter, therefore the mosquitoes can transmit earlier in their life," said entomologist Bill Reisen of the University of California Davis.

In general, mosquitoes don't live long, maybe 10 to 12 days on average, said Tom Scott, a University of California Davis professor of both entomology and epidemiology.

Warmer air incubates the virus faster in the cold-blooded mosquito. So the insect has more time to be infectious and alive to spread the disease, Scott said.

THE ASSOCIATED PRESS

BLOOD DONORS

The agency responsible for most of Canada's blood supply says people who have travelled outside of Canada, the continental United States and Europe will be ineligible to give blood for 21 days after their return. Canadian Blood Services says it is implementing the waiting period to mitigate the risk of the Zika virus entering the Canadian blood supply. CBS says the new waiting period is being implemented across the country and will take full effect in all of its clinics starting on Feb. 5.

THE CANADIAN PRESS

SPACE

Cosmonauts collect experiment, send USB flash drive back to Earth

Russian cosmonauts install new experiments on the International Space Station.
NASA VIA THE ASSOCIATED PRESS

Spacewalking Russians gathered seeds and spores that have been stuck outside the International Space Station for months, if not years, and gave a ceremonial sendoff Wednesday to a flash drive containing special messages for their motherland.

Cosmonaut Sergey Volkov waited for good camera views before tossing the flash drive overboard toward Earth as the space station sailed 402 kilometres above the Pacific.

The flash drive includes videos and messages pertaining to the 70th anniversary of Russia's Victory Day last year.

The spacewalkers then set off to retrieve research equipment that has been outdoors since 2009. The trays include specimens that are returned to Earth every year or two for analysis. THE ASSOCIATED PRESS

Lowe's offers $3.2B to take over Rona

HOME IMPROVEMENT

Acquisition gives U.S. giant a strong base in Quebec

Rona Inc. will keep its retail store banners as part of the agreement with Lowe's which has also agreed to headquarter the Canadian businesses in Quebec. RYAN REMIORZ/THE CANADIAN PRESS

Following a long and sometimes stormy courtship, Lowe's Companies Inc. announced Wednesday that it has a deal to buy Quebec-based Rona Inc. for $3.2 billion, creating the largest home improvement retailer in Canada.

The agreement provides for an all-cash purchase price of $24 per common share and $20 per preferred share.

The offer represents a premium of 104 per cent to Rona's closing common share price yesterday, and a 38 per cent premium to its 52-week trading high $17.36.

As part of the agreement, Lowe's agreed to headquarter the Canadian businesses in Boucherville, Que., maintain Rona's many retail store banners, and enhance distribution services to independent dealers. It also agreed to allow Rona to continue to employ the vast majority of its current employees and maintain key executives from Rona's leadership team and to continue Rona's local and ethical procurement strategy and potentially expand relationships that both Lowe's and Rona have developed with Canadian manufacturers and suppliers.

The value of Rona shares shot up more than $11 on the news, to $23.41, an increase of nearly 100 per cent.

TORSTAR NEWS SERVICE

SHOPPING

Canadians turning away from cash: Study

Canadian consumers are more inclined to reach for their smartphones and credit cards over bills and coins to make purchases, according to a new study.

Market and consumer information firm GfK conducted an online survey of 1,000 Canadians as part of a larger study on shopping behaviours.

In 2015, only 25 per cent of Canadian transactions were in cash, a decline of two percentage points from 2014. Meanwhile, credit cards accounted for the majority of transactions at 42 per cent, unchanged from the previous year.

"We also saw a number of years ago in this country a very concerted effort by the card companies to get people to start using their cards for smaller payments. That clearly has worked," said Stephen Popeil, vice-president of GfK Canada.

"We're clearly seeing that the use of cash is getting less and less in this country. Is it ever going to disappear? I don't think so, because of the nature of certain economies that are out there. But clearly, what we are seeing now is every year fewer and fewer payments are being made with cash."

Debit cards were at 28 per cent, followed by mobile device payments at three per cent. Each category saw marginal growth of a percentage point each compared to 2014.

In the case of mobile payments, GfK found that they tend to skew to younger and higher-income Canadians, as well as among urban dwellers and those with a higher education. But the high-tech payment method is also catching on with boomers and those of the silent generation born between 1925 and 1945.

THE CANADIAN PRESS

market minute

DOLLAR
72.61¢ (+1.32¢)

TSX
12,593.02 (+150.76)

OIL
$32.28 US (+$2.40)

GOLD
$1,141.30 US (+$14.10)

NATURAL GAS: $2.038 US (+1.3¢)
DOW JONES: 16,336.66 (+183.12)

IN BRIEF

Toyota gives up on Scion

Toyota is killing its Scion brand after years of slumping sales. Beginning in August, 2017 model-year Scion vehicles will be rebadged as Toyotas. The tC will have a final release series edition and end production in August, according to Toyota Motor Corp. Scion was created to attract younger buyers. THE ASSOCIATED PRESS

Scion was formed in 2003.
THE ASSOCIATED PRESS FILE

Service Directory
To advertise contact 403.444.0136

PSYCHICS

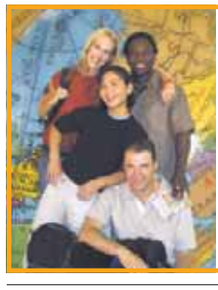
MYSTIC EYE SPIRITUAL READINGS
57 YEARS EXPERIENCE
100% GUARANTEED RESULTS
COME IN TODAY FOR A BETTER TOMORROW
Specializing in reuniting loved ones
Removes all bad luck spells & negative energy
100% guaranteed results
403.228.2258
SPECIAL ½ PRICE READINGS
BY APPOINTMENT ONLY
PALM TAROT ENERGY READINGS
SOLVE ALL PROBLEMS OF LIFE

STAPHA - AFRICAN PSYCHIC
Reuniting Loved Ones · Stopping Divorce
Removing Bad Spirits · Success in Business
Healing Protection
Results Guaranteed
403.802.0367

SRI BABA ASTROLOGY CENTER
Pandit: Sai Ram
Expert in Palm & Face Reading, Horoscope, Numerology, Vastu Shastra
I CAN TELL YOU PAST, PRESENT & FUTURE
Marriage * Husband-Wife Problems * Job * Relationship * Kids Problems
Business * Spiritual Evil Effects * Enemy * Court * Property * Family etc.
SPECIALIST IN: BRINGING LOVED ONES BACK
IF YOU HAVE PROBLEMS, I HAVE 100% GUARANTEED SOLUTIONS
Removes Black Magic, Jadoo, Vodoo, Buttu, Witch Craft & Gives 100% Protection.
100% PRIVATE & CONFIDENTIAL - OPEN 7 DAYS
403-619-6709
Taradale Dr NE, Calgary, AB

TAX CREDITS

Hip or Knee Replacement?
The Disability Tax Credit allows for a
$2,500 Yearly Tax Credit
$20,000 Lump Sum Refund (on avg)
Copd, arthritis, and many other disabling conditions that cause Restrictions in Walking or Dressing may qualify.
For Expert Help: 1-844-453-5372



UNEMPLOYED OR LAID OFF?
Consider teaching English Overseas
JOB GUARANTEED!
> TESOL Certified in 5 Days
> In-Class or Online > No Degree Required!
1.888.270.2941
Next in-class course: March 6-11, 2016
Next Seminar: February 16th, 2016 @ 7pm
Best Western Village Park Inn, 1804 Crowchild Trail NW
GLOBAL TESOL COLLEGE
globaltesol.com

TODAY'S HOROSCOPE:
Neptune is suggesting that now may be the perfect time to get the Metro News App
Download the Metro News App today at metronews.ca/mobile
metro

PLAY Yesterday's Answers
from your daily crossword and Sudoku

7	2	3	9	8	5	6	1	4
9	4	6	1	3	7	2	5	8
5	1	8	6	4	2	3	7	9
2	6	9	8	5	1	4	3	7
8	7	5	3	9	4	1	6	2
1	3	4	7	2	6	8	9	5
4	9	2	5	1	3	7	8	6
6	5	1	4	7	8	9	2	3
3	8	7	2	6	9	5	4	1

for more fun and games go to metronews.ca/games

metro VIEWS
Your essential daily news
Thursday, February 4, 2016

CHANTAL HÉBERT: ON THE POLITICS OF OILSANDS

If Trudeau cannot get along with Rachel Notley, he is unlikely to get along with any Alberta government. But ... the real test of their relationship will be the resolution of the pipeline file.

Kudos to Justin Trudeau and Premier Rachel Notley for taking the time to talk face-to-face about the province's economic challenges on Wednesday. The Liberal prime minister has a compelling interest in keeping the channels open with the NDP premier.

If Trudeau can't get along with Notley, he is unlikely to get along with any Alberta government. Her two top advisers — Richard Dicerni on the public-service side and Brian Topp in the more political role of chief-of-staff — know the federal capital inside out and have worked with the federal Liberals in the past.

Dicerni served in a senior role in the unity backrooms of Pierre Trudeau's government at the time of the 1980 Quebec referendum. Topp was Jack Layton's lead negotiator in the talks that led to the 2008 Liberal-NDP coalition accord.

But while the prime minister can offer Notley some financial relief in the upcoming federal budget, the real test of their relationship will be the resolution of the pipeline file and the fate of Alberta's efforts to connect the oilsands to tidewater.

It is by far the most contentious issue on the federal-provincial radar. Yet, this is one national discussion that is unlikely to be resolved between first ministers. To date, the lead players in the debate have mostly been municipal politicians.

This is one national discussion that is unlikely to be resolved by first ministers.

Here are a few of them:

Joanne Monaghan was the mayor of Kitimat, B.C., on whose watch a plebiscite was held on the Northern Gateway pipeline in 2014. As the end point for the pipeline bringing oil from Alberta, Kitimat would be home to a marine terminal where tankers would load up. Almost 60 per cent of her constituents voted no, driving another nail in the coffin of the moribund $6.5-billion Enbridge project.

Derek Corrigan is the mayor of Burnaby, B.C. The Trans Mountain pipeline runs through the city, and its corporate owner, Kinder Morgan, wants to triple its capacity. Corrigan is hardly the only Vancouver-area mayor to oppose the pipeline but he is one of the most vocal. Last May, he told a community meeting he was prepared to be arrested and see his political career come to an end to stop the project. He called last week's federal announcement of an expanded consultation process and an extended approval timeline a disappointment.

Marc Demers is the mayor of Laval, Quebec's third-largest city, and one of 82 Montreal-area municipal leaders who came out against the Energy East pipeline. While most Canadians see Denis Coderre as the face of the region's opposition to TransCanada's current plans, Demers has been campaigning hard against the pipeline since early last fall.

Gilles Lehouillier is the major of Lévis, across from Quebec City. He turned down TransCanada's plan to locate a terminal for the Energy East pipeline in his city and remains ambivalent about the project as whole.

There are mayors in the pro-pipeline camp who are not from Saskatchewan and Alberta — the two provinces whose oil industry needs access to a coast — but their support tends to be more tentative than the opposition of some of their mayoral colleagues.

Quebec City's Régis Labeaume gave his support in principle to the Energy East pipeline last week. In the same breath, though, he said TransCanada had proven inept at addressing the environmental concerns arising from the project.

Mel Norton, the mayor of Saint John, N.B., where some of the oil delivered by the pipeline would be refined, also supports Energy East, but his municipal council wants more definitive answers from TransCanada as to its benefits for the region.

Canada has hit upon defining issues that have pitted region against region in the past. Think of the National Energy Program in the early '80s, the 1988 free-trade agreement with the United States — opposed by Ontario but supported by Quebec and Alberta — and three divisive constitutional rounds. But none of those discussions engaged Canada's municipal politicians in the way that this one does.

No mayor holds a veto over a pipeline, but it will be hard to secure a social licence for any project absent more support from the political leaders who are closest to the day-to-day life of so many voters.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

THE MICROTREND: A whiter shade of male

The artist Andy Warhol once wrote, "When you've got grey hair, every move you make seems 'young' and 'spry.'" Perhaps, then, the pressures of modern life have millennial men feeling their age already, because stars such as former One Direction member Zayn Malik, 23, and vlogger Tyler Oakley, 26, are leading the trend toward pastel-grey locks for younger guys. It's a toned-down version of the frosted-metallic look for women, and a black-and-white reversal of the fad from just a few years ago. Back then, middle-aged men flocked to salons in droves to "reshade" (never "colour," that's for women) their greying tresses in hopes of competing with the young and energetic talent hitting an atrophied job market. SOURCE: THE NEW YORK TIMES

ROSEMARY WESTWOOD

metroview

The media is two-faced when it comes to sexual assault

If you are sexually assaulted, you can have your day in the media, and then have your day in court.

But if you want a conviction, your first call should probably be to a lawyer.

Watching the first two days of Jian Ghomeshi's trial, which resumes today, it seems the press will work against you in the court.

Marie Henein, Ghomeshi's lawyer, made hay from every detail in every statement the first witness made — in four media interviews and to police — that did not line up, just so, with her chief testimony in court on Monday.

It's not clear what the inscrutable Justice William Horkins thought, but to the gallery it appeared as if Henein, while never explicitly challenging that Ghomeshi punched the woman in the head three times, systematically shredded her credibility.

At this point, avoiding the courts, as many of Ghomeshi's accusers have, seems the more judicious move.

Not only have they had their stories heard by the country, they got results. Ghomeshi lost his job. The CBC endured a scathing inquiry into management's culpability in a caustic work environment at Q, Ghomeshi's show. Ontario launched a high-profile, $41-million anti-sexual-assault campaign.

It's a rare reckoning that only happens if you have a Ghomeshi-calibre celebrity as your alleged abuser. And even then — people who sexually assault people should be convicted. Ironically, media interviews can undermine that.

"It's not that you're set up to fail," Jacob Jesin, the witness's lawyer, told me yesterday. "It's that every statement you make, outside of being in your lawyer's offices, is fodder for cross-examinations."

It seems highly likely that anyone telling a story would alter some aspects along the way, but in court, there is little room for memory's foibles or the slow recollection of details, like whether the witness was wearing hair extensions. Pile up enough seemingly small deviations, and the story begins to take on water. In fact, the best way to seem reliable on the witness stand seems to be to actually have a script and, to use Jesin's words, "Stick to it."

Not only have the witness's comments to the media given the defence ample ammunition, but the press — a sympathetic listener when the witness first came forward — will tell your difficult story and also print your bikini shot.

Today is expected to start with a request from members of the media to publish the bikini photo the witness sent Ghomeshi in 2004. Their "public interest" cuts both ways.

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER METRO WESTERN CANADA
Steve Shrout

MANAGING EDITOR CALGARY
Darren Krause

ADVERTISER INQUIRIES
adinfocalgary@metronews.ca
General phone 403-444-0136

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

Philosopher cat now at
www.mymetrostore.ca

metro LIFE
Your essential daily news

While almost 80 per cent of Canadians drink, many are unaware of the health risks associated with alcohol consumption, says country's chief public health officer Dr. Gregory Taylor.

Martel on faith, love and iPhones

BOOKS

Living with loss in The High Mountains of Portugal

Melita Kuburas
Metro | Canada

When bad things happen in life, how do we react? To whom do we turn for help?

In his new book The High Mountains of Portugal, Yann Martel dissects moments of human suffering post-tragedy — not to explore how his characters overcome, or succumb to, their loss, but to find out how they *live* with it?

"I wanted to start with people who have lost something very, very precious, and where they go from there," Martel says. "When it gets bad — what do you do, what do you reach for?"

First we meet Tomás who, one by one, within the span of a week, loses his son, his lover, his father. His heart unravels. He tries to protect himself from further assault by walking in reverse; facing the elements with the toughness of his back. He then sets off in search of a treasure hidden in a village church, located in Portugal's mountain range, not on foot but driving his rich uncle's car — a new technology in the early 1900s, one that he hates and doesn't really know how to use.

In the book's Part 2, we meet Eusebio Lozora, a pathologist who gets a strange visit from a widow on New Year's 1939. She wants an autopsy, but not to find out how her husband died. "I want to know how he lived," she insists.

More than 40 years later, in the book's Part 3, Canadian senator Peter Tovy is frustrated with his broken family and becomes enamoured with an ape at a chimpanzee sanctuary in Oklahoma. He buys Odo and goes with his new gargantuan pet (nay, friend) to live in the same village in Portugal, Tuizelo, which connects all three stories.

Much like the plucky teenage protagonist in Life of Pi, Martel's Booker Prize-winning bestseller, the grieving characters in High Mountains find solace in what the author describes as a "curious phenomenon called faith."

It's a subject Martel is intrigued by, even though it's become unusual in many social circles to talk about God and religion in any way that's not underlined with cynicism.

"We live in a time that's very inhospitable to other-dimensional talk," he says. "It's against the ethos of our times to believe in airy-fairy things called gods."

It's easier to talk about things that are tangible, that can be explained. Technology, for instance, which the author speaks about favourably though he has his misgivings, perhaps in the same way the villagers in High Mountains are suspicious of Tomás's automobile.

His iPhone, Martel says, allows him to Facetime with his wife and children currently away in England, communicating across the Atlantic, for free. But the device is only useful if you have someone to talk to. In the end, technology is not going to save anyone from the inevitable.

"The person who believes in nothing but a chemical, material reality, confronted with suffering, has very few tools to deal with that," he says.

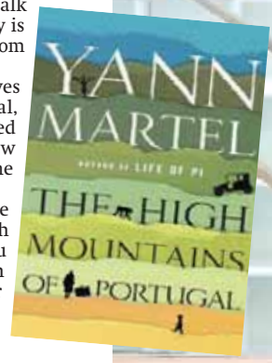
"A lot of stuff we derive through our senses. Faith goes beyond that, you know — why you fall in love with one person or one hockey team... there's no real sense to it. Why I love India and am indifferent to another country; why I like Italian food and less so Chinese food — there's no logic to that. But that's who I am."

In other words, when we let go of our rationality, we open the door for magic.

BIBLIOTHERAPY

In 2007, Yann Martel began sending Stephen Harper books he thought the then-prime minister should read. What would he send to Justin Trudeau?

"I did that to Harper because I thought he needed betterment. I saw a man who had a dried up narrow vision — profoundly divisive, profoundly destructive. I don't see that in Trudeau."



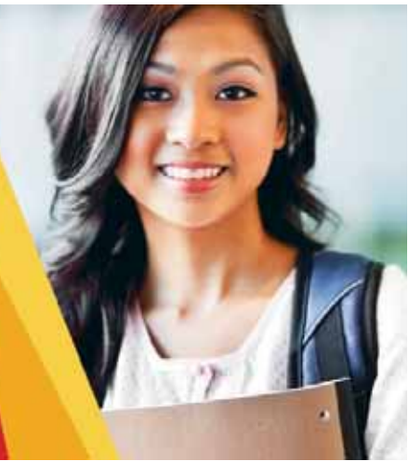
Just this week, Yann Martel released his new book, The High Mountains of Portugal. He will tour across Canada in March. LIZ BEDDALL/METRO CANADA

Career services to help you transition smoothly into your new career.

Our Career Services Department will help you put your best foot forward when meeting employers with mock interviews, resume development and review and career coaching.

Get started today! 587.331.8233 | robertsoncollege.com

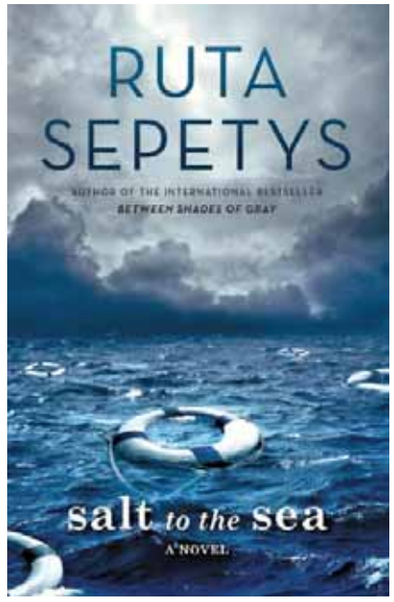
ROBERTSON COLLEGE students first.



4 BOOKS OF HISTORICAL FICTION FOR WINTER NIGHTS

From a swashbuckling love story set in Syria in the time of Richard the Lionheart, to two '90s English girls struggling with ties to the Holocaust, these historical novels will keep readers intrigued **TORSTAR NEWS SERVICE**

1 Salt to the Sea



Salt to the Sea (Philomel Books, $24.99) is described by its publisher as "Between Shades of Gray meets Titanic" — a reference to author Ruta Sepetys' own bestselling book and the film epic. It's the end of the Second World War, and, in East Prussia, German troops are retreating from the Russians and thousands of refugees are fleeing for their lives. Among them are three souls, Joana, Emilia and Florian, desperate to reach the former cruise ship, Wilhelm Gustloff, now in the Baltic Sea. They make it.

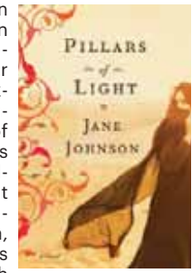
But the war-ravaged tragedy of their lives continues when the Russians torpedo the massive ship and tens of thousands of people fight to survive.

The story, based on the true-life sinking of the Wilhelm Gustloff, is told through alternating voices, each unfolding story requiring its own box of Kleenex.

2 The Other Me

Author Saskia Sarginson's The Other Me (Flatiron Books, $29.99) moves back and forth in time between past and present. Here, she takes us from Germany in the 1930s, just as Nazism is taking hold, to England in the 1990s where we meet characters who are linked to Germany's fascist past. The story introduces us to two German brothers, one who dedicated himself to the Fuhrer and the other who refused. Years later in separate cities in England, two young girls struggle with their guilt and shame over what their fathers may have done during the Holocaust.

3 Pillars of Light



Jane Johnson has given her readers another swashbuckling adventure saga of West meets East in Pillars of Light (Doubleday Canada, $24.95). This time, it's with a story that knits stories of young lovers from the Syrian city of Akka (the Arabic name for Acre) with Englishmen who join Richard the Lionheart's army and ride to free the Latin Kingdom of Jerusalem from Saladin and his "infidels."

It is an epic tale of romance between a Jewish doctor and a Muslim woman in Akka, amidst the fear that grips the city when Lionheart's army sets up the longest and cruelest siege of its time.

4 River of Ink

River of Ink (Bloomsbury, $24.99), set in Sri Lanka in 1215, is the perfect winter book for readers who wish to lose themselves in warm breezes and perfumed gardens.

London-born writer Paul M.M. Cooper has crafted a delicious tale of love and palace intrigue that centres on court poet Asanka, who learns that the power of his pen is truly stronger than the sword. A benevolent king dies and Asanka, friend to the dead ruler, is left writing poetry for a new and vicious monarch, Kalinga Magha. Fearful for his life and that of his love, a beautiful servant girl, he agrees to translate an ancient Sanskrit text for the tyrant Magha.

CALGARY PHILHARMONIC ORCHESTRA
60 YEARS
VALENTINE'S DATE WITH THE KIDS!
Kids Pricing Starts at $24
SYMPHONY SUNDAYS FOR KIDS
VIVALDI'S RING OF MYSTERY
SUNDAY 14, FEBRUARY - 3PM // JUBILEE AUDITORIUM
JOIN US BEFORE THE CONCERT AT THE INSTRUMENT DISCOVERY ZOO AT 2PM!
Tickets from ticketmaster® www.ticketmaster.ca
Calgary Philharmonic Orchestra
THE MUSIC IS EVERYWHERE
CALGARYPHIL.COM | 403.571.0849

METRO CALGARY COMMUNITY CHOICE
NOMINATE YOUR FAVOURITE BUSINESS TODAY!
2016 COMMUNITY CHOICE NOMINATIONS ARE HERE!
GO ONLINE TO
CALGARY.METROCOMMUNITYCHOICE.COM
AND LET US KNOW WHO IS THE BEST IN YOUR COMMUNITY.
FEBRUARY 1 - APRIL 4
metro

The ones who came before

GRAPHIC NOVEL

Exploring insecurities surrounding partners' pasts

Sue Carter
For Metro Canada

Shapton (pictured) fleshes out partners' former relationships, real and imagined. CONTRIBUTED

Years ago, Leanne Shapton was hanging out at her boyfriend's when she noticed he still had photos of his ex-girlfriend in the apartment.

It's an uncomfortable scenario that would make anyone jealous or even suspicious, but the New York-based author-illustrator turned those dark emotions into Was She Pretty?, a graphic novel that explores the natural impulse to seek out the personal details of those who came before us in our relationships. Published 10 years ago, the book is now available in paperback for the first time with the venerable comics publisher, Drawn & Quarterly.

"I was fascinated by other's people's experiences and what they did when they confronted their own jealousy," Shapton recalls. Using her friends' and her own experiences — plus many she imagined or were inspired by vintage photos — Shapton drew a series of pen-and-ink portraits of former lovers, accompanied by captions such as "Jacob's parents adored his ex-girlfriend Cynthia" and "Shane's ex-girlfriend was a child prodigy."

Some of the descriptions are pithy and fun, while others are uncomfortably intimate — exactly the kind of details that can drive one crazy.

"Jealousy is a bad feeling, and yet I didn't want to say, 'Here's how you get over it.' It's definitely not a self-help book. It's a wallowing book, if anything," Shapton says. "These things get under your skin metaphorically."

A decade ago when Was She Pretty? first came out, Twitter was just in its infancy and Instagram hadn't been invented yet. While Shapton's book doesn't deal at all with how social media has become a handy tool for those looking to cyber-stalk exes, she acknowledges it's affected how we perceive ourselves and others.

"I think that makes for your imagination about what you don't know about people to get even more inflamed and to grow even more," she says. "The book is much more about the assumption that people come and go in your lives."

Other than a new cover design and the ink colour, which Shapton describes as a "really, really dark red, almost like dried blood," the contents of Was She Pretty? have not altered from the first edition. Shapton, on the other hand, has observed changes in her own attitude toward the green-eyed monster. Growing up in Toronto, Shapton was a competitive swimmer, an experience she chronicled in her 2012 illustrated book Swimming Studies.

"Ten years out, my competitive streak has blunted, so it's fun to look back at this more competitive version of myself," she says. "I'm a much less jealous person because of all the experience I have now. But it's still such a fresh thing. It can flare up, like a rash."

Sue Carter is the editor at Quill & Quire magazine.

The American Idol judges have found an engaging banter in their final season of the show. CONTRIBUTED

JOHANNA SCHNELLER
WHAT I'M WATCHING

American Idol's final act is full of beauty

THE SHOW: American Idol, Season 15
THE MOMENT: The Final Auditions

Crackling with craziness, a young woman bounds into the audition room and announces to judges Jennifer Lopez, Harry Connick, Jr. and Keith Urban, "I'm 23 years old and I'm a singing nomad."

Lopez, who moves through life looking permanently airbrushed, says, "I could never do that."

"You couldn't sleep outside?" Connick asks her. "You could build a shelter out of your assistants."

"That would work," Lopez replies (she knows who she is).

The crackling girl, who can't sing, looks bewildered. The judges dismiss her.

But nicely.

The awareness that this is American Idol's final season has reinvigorated everyone.

The contestants are fresher. The panellists, nestled in their niches — Urban feels the music, Lopez is the mama (sweet and stern), and Connick is both cutup and musical sophisticate — have found an engaging banter.

AI has always been about hope, kids from nowhere dreaming of stepping through a magic door into a bigger, better life.

In the Simon Cowell years, there were two ways that hope could go: terrible singers were mocked for their delusion while credible candidates were moved along in a hard-nosed manner until their story had been exploited fully.

Thankfully, the show has mellowed as it's matured.

The current judges are as much about making music as they are about selling it. They're attuned to the place songs hold in people's lives.

When they talk about connecting to a song, and connecting through a song, they mean it. They're looking for that lump in the throat. And that makes great TV.

American Idol airs Wednesdays 8 p.m. on Yes TV and Fox.

Metro Custom Publishing Directory

Calgary Marketplace

The Calgary Marketplace is a vibrant and ever-changing landscape. Everything from fashion and shopping to self improvement and education is right outside the door. Call 403.444.0136 for more info.

Calgary | metro

metro
Your Ad Here!
FOR JUST $100 PER WEEK
CALL 403.444.0136
FOR MORE INFORMATION

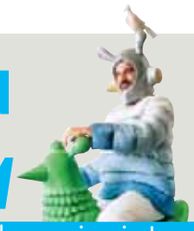
LARGEST SELECTION of Corelle, Corningware and Luminarc. We also carry; Cuisinart, Staub, Paderno, Kesari, Broan, Zwilling J.A Henckels, & more!

CORELLE SOUP BOWL
28OZ CROSS STITCH
~~REGULAR: $6.95~~
(PLASTIC LID AVAILABLE - SOLD SEPARATELY)

CORELLE 12PC DINNER SET
URBAN ARC AND MODERN LINES PATTERNS ONLY

HOME WORLD
106 - 2929 SUNRIDGE WAY NE
PH 403.451.0650

metro HOME
Your essential daily news



Funtastico, a Jaime Hayon retrospective, currently running in Israel

MEET THE CONDO

Sky-high living near the C-train

CONTRIBUTED

NEED TO KNOW

What: The Guardian
Builder: Hon Developments
Architect: IBI Group
Location: On 3rd Ave. between 11 St. and 12 St. SE, Victoria Park
Building: Two 44-storey towers
Sizes: 441 sq. feet to 979 sq. feet
Pricing: $278,900 and up
Suites: One and two bedroom
Status: The south tower is currently under construction with an expected completion time of fall 2016
Sales centre: 456 12 Ave. S.E
Hours: Monday to Thursday, 12 to 6 p.m., weekends and holidays 12 to 5 p.m.
Phone: 403-800-3368
Website: theguardiancalgary.com
Email: info@theguardiancalgary.com

Project overview

The Guardian's 44-storey towers will become the tallest residential towers in Calgary. The buildings are designed to take in panoramic views of the city skyline, the rivers below it and the mountains on the horizon.

Location and transit

The Guardian is ideally situated in the heart of urban Calgary with a C-train station just minutes away. It is bordered by East Village, Stampede Park and Downtown with 17th Avenue nearby. It is also uniquely connected to the Bow and Elbow Rivers, a short walk or bike ride from Inglewood.

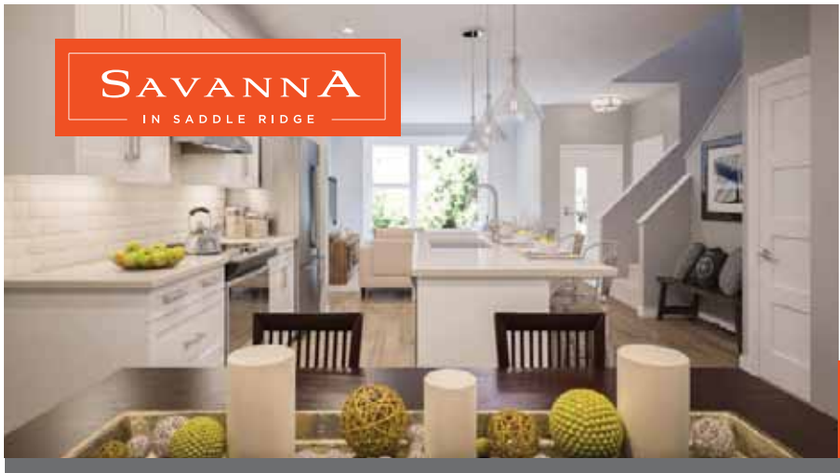
Housing Amenities

The building contains a 1,350 square foot social club with a communal long table, beverage fridge and sink, Wi-Fi, big screen TVs, fireplace and high-end furnishings and cozy seats. It opens onto the spacious Garden Terrace located between The Guardian towers atop its podium.

In the neighbourhood

A new cafe, a trendy microbrewery, an award-winning artisanal ice cream shop, a striking new home for the National Music Centre are all signs that one of Calgary's oldest neighbourhoods into a vibrant new community.

KRISTA SYLVESTER/FOR METRO



Savanna has arrived!

Cardel quality has never been more affordable.

PAIRED HOMES
from the $340s

SINGLE-FAMILY HOMES
from the $400s

Register online now for priority selection status.
Temporary sales centre opens Feb 13.

Built for real life.
CARDELHOMES.COM

CARDEL HOMES

Try a colour that complements

DECOR ADVICE

To pick the best hue for your bathroom, look to hair salons

Q. Is it possible to suggest a colour that would give my bathroom a much-needed pop? With the cabinetry being an antique yellow and the tiles beige, I bought this shower curtain hoping to pick up an accent colour to brighten things up a little.

Bold colours can be tempting, but you are better off sticking to soft colours and neutral tones in the bathroom. BENJAMIN BENSCHNEIDER/THE SEATTLE TIMES/TNS

A. Looking to infuse some fun colour in a room can leave some feeling anxious about going too far. For a room that usually isn't very large, deciding which colour to paint the bathroom can cause many people big headaches. Here are a few things to keep in mind to help simplify the process.

Firstly, let's look at the fixed elements in your bathroom. The tiles look to be travertine marble with slight peach undertones, and a darker accent tile banding the shower — overall neutral.

The vanity a soft, creamy yellow, and the tub and toilet white. The shower curtain is a fabulous choice and has many colours we could pull from; some would work better than others.

With an off-white background and pixilated leaves in varying hues of brown, terra cotta, eggplant, blue, turquoise, green and khaki, it really breathes new life into this room. When faced with too many choices — eliminate. First, do away with the colour that you like the least, or that your significant other detests.

When you've narrowed down your choices, trust your instincts and don't second guess or look back.

Certain greens and yellows can leave many people looking sallow and sickly. If you'll be putting on makeup or getting ready for your day in this bathroom, I'd consider colours inspired by skin tones. The hues that complement people most, no matter their colouring, have pink or peach undertones, soft beige or warm tans.

Many hair salons go this route because when your business is making people look good, what people see in the mirror (including the backdrop) is important. Putting a tone with too much peach or pink against the vanity may make it look too yellow and not work as nicely with the rest of the elements.

Colour is relevant to what it is next to in a space. When you are picking colours, make sure you look at it against everything in the room.

If you tend to leave the curtains open, my suggestion would be to unify the bathroom with shades of a singular colour to make it appear as spacious as possible.

To do this, pick a paint shade that's a tone in your tile. Using a more neutral wall colour will allow you to have more fun with accessories.

You can spice the room up with a vibrant colour in your towels, bath mat and art to tie in with the shower curtain.

TORSTAR NEWS SERVICE

GOOD CHOICES

A subdued yet colourful palette from Behr:

- **Polo Tan:** warm latte neutral with some depth
- **Ice Cave:** Deep marine blue
- **Deco Red:** A rich, earthy red
- **Outdoor Oasis:** A muted olive green

A more energetic palette from Benjamin Moore:

- **Crumb Cake:** A buff ivory
- **In the Tropics:** A fun turquoise
- **Martini Olive:** Vibrant green/yellow (for accent only)
- **Peruvian Chili:** Paprika orange
- **Modern Romance:** Dusty brick red

NEW HOMES READY NOW!

MOVE IN BEFORE SPRING & ENJOY BBQ'S IN YOUR OWN PRIVATE YARD WITH

30 60 or 90 DAY POSSESSIONS

Celebrate New Beginnings with multiple home options in

Auburn Bay,
Cranston, &
Symons Gate.

SALES INQUIRIES (403) 923.9820
askme.calgary@brookfieldrp.com

*Pricing and availability subject to change without notice. Please speak with a Brookfield Residential Sales Representative for further details.

Find your place at BRmoveinnow.com

BrookfieldYYC

Brookfield Residential

3 BEST NEW DESIGNS AT THE INTERIOR DESIGN SHOW

For those interested in design but intimidated by the pretension that can sometimes accompany it, events like the recent Interior Design Show offer a fun way to see the work of design superstars alongside fresh blood. Here are three that stood out **TORSTAR NEWS SERVICE**

COURTESY KROFT + CO

Kroft+Co

The "slow designed" and "undressed" furniture of Kroft + Co, based north of Toronto, stands out for its Scandinavian-like simplicity and surface material that from a distance looks like blackboard paint but on closer inspection is way more grown up. "It's linoleum," says Dustin Kroft, the company's director of product management.

"It's very widely used in Europe and is one of the greatest surface materials you can find. In fact, all the court rooms in the U.S. use linoleum on their counters because it's the greatest writing surface."

TORSTAR NEWS SERVICE

Yusuf Mannan

Getting things off the floor seems very definitely the way of the future, as we move into increasingly tight spaces, but the inspiration for furniture designer Yusuf Mannan's multipurpose storage and display system, The Peg Project (made from maple and birch), comes from the past in the "minimalism of the Shakers."

"No screws, no hardware. I just want to use wooden details and the old traditional hand tools," he says. "It's lightweight and for somebody who likes to move things around easily."

COURTESY ABDE NOUAMANI

Abde Nouamani

Melbourne, Australia, has a brilliant design scene and Abde Nouamani represented it well at IDS16.

A recent furniture design graduate in that city, Nouamani was raised in Morocco's Casablanca and his Acorn mirrors reflect the ancient Egyptian tradition of polishing copper until it provides a reflective surface. "The problem with copper is that it tarnishes very quickly after a couple of days and you have to polish it again, but brass on the other hand doesn't."

SW RENTALS

PAY ONLY $500 FOR MARCH 2016 RENT WHEN YOU SIGN A 1 YEAR LEASE!

Available Immediately

1, 2 & 3 BEDROOM UNITS COACH HILL, SW

For more information about our rental incentive and to book a convenient appointment to view.

The location of Coachman House affords ready access to downtown Calgary and to Banff and is within close proximity to public and private schools, the Westbrook Mall, the Shaganappi Golf Course and the new Coach Hill Patterson Heights Community Centre.

Features: Wood-burning fireplace, Wall-to-wall carpet and window coverings, In-suite and outdoor storage, Patio or balcony, Intercom security system, Social room, In-building coin operated laundry facilities, Energized surface parking, On-site management & maintenance staff.

CALL US TODAY 403.249.4440 OR EMAIL US AT coachmanhouse@scpl.com

www.SCPL.com SHELTER CANADIAN PROPERTIES LIMITED

NW RENTALS

PAY ONLY $500 FOR MARCH 2016 RENT WHEN YOU SIGN A 1 YEAR LEASE!

Available Immediately

1, 2 & 3 BEDROOM UNITS INCLUDES HEAT & WATER

For more information about our rental incentive and to book a convenient appointment to view.

Clean & quiet 1, 2 and 3 bedroom units. Great community living with outdoor pool and on-site management, there is easy access to shopping, schools, transit, churches and green space. Large unit features fridge, stove, dishwasher, fireplace, balcony/patio, window coverings, and has plenty of storage. Families welcome!

CALL US TODAY 403.239.1600 OR EMAIL US AT raintreevillage@scpl.com

www.SCPL.com SHELTER CANADIAN PROPERTIES LIMITED

REAL ESTATE

What's hot on the market

KRISTA SYLVESTER/FOR METRO

1 NOW SELLING

1741 by Truman: Currently under construction at 1741 26 Street S.W, Calgary, this 56-unit development is scheduled for completion in June 2016. Sales for available units range in price from $355,288 to $547,485. The presentation centre is located at 105 19th Ave N.W.

2 STILL SELLING

6th and TENTH by Lamb Developments Corp: This 31-storey tower has been dubbed as a step to a world-class city with its high-design condos. Selling in the low $200's and up. Located on 6th Ave. and 10th Street S.W in the Beltline.

3 NOW SELLING

Overture in Currie Barracks by Jayman: Executive living in the heart of the southwest, this three-building collection of condos are selling fast, starting in the $454's and up. New show suites are open at #105, 33 Burma Star Road S.W.

NW RENTALS

PAY ONLY $500 FOR MARCH 2016 RENT
WHEN YOU SIGN A 1 YEAR LEASE!

Available Immediately!

1, 2 & 3 BEDROOM UNITS
SILVER SPRINGS, NW

For more information about our rental incentive and to book a convenient appointment to view.

Silver Heights is located at the intersection of Silvergrove Drive and Silver Springs Boulevard in the Silver Springs district of northwest Calgary. Schools, shopping facilities and the Silver Springs Golf Course are all within walking distance.

Access to the downtown core of Calgary is by Crowchild Trail and is approximately 20 minutes by public transportation.

Features: Appliance Group, Fireplace, Wall to wall carpet and window coverings, In-suite and outdoor storage, Patio or balcony, Intercom security System, In-building coin operated laundry facilities, Squash and tennis courts, Recreation centre, including full size pool table, Energized surface parking, On-site management & maintenance staff.

CALL US TODAY 403.288.6515 OR EMAIL US AT silverheights@scpl.com

www.SCPL.com SHELTER CANADIAN PROPERTIES LIMITED

SE RENTALS

PAY ONLY $500 FOR MARCH 2016 RENT
WHEN YOU SIGN A 1 YEAR LEASE!

Available Immediately

1 & 2 BEDROOM UNITS
DEER RUN, SE

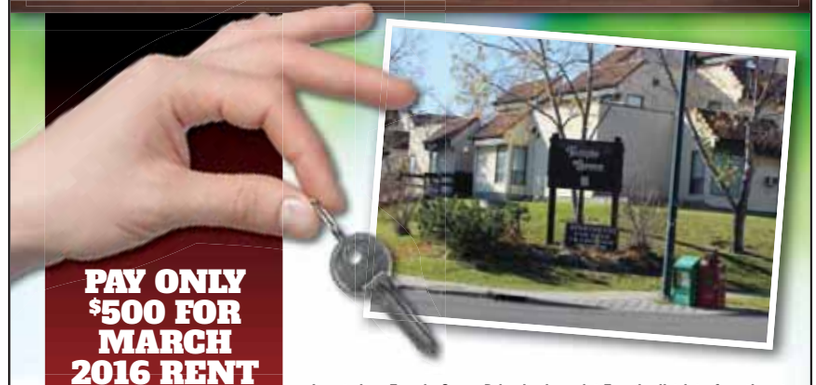
For more information about our rental incentive and to book a convenient appointment to view.

Clean and quiet 1 and 2 bedroom units available immediately. Great community living conveniently located on a bus route, easy access to shopping, schools and C-Train. One block to Fish Creek Park walking trails. Large unit features fridge stove and dishwasher, fireplace, balcony/patio, window coverings and plenty of storage. Rents include heat, water and one parking space. On-site management, Rec centre, racquetball & tennis courts. Families Welcome!

CALL US TODAY 403.278.6676 OR EMAIL US AT meadowbrook@scpl.com

www.SCPL.com SHELTER CANADIAN PROPERTIES LIMITED

NE RENTALS



PAY ONLY $500 FOR MARCH 2016 RENT
WHEN YOU SIGN A 1 YEAR LEASE!

Available Immediately

1 & 2 BEDROOM UNITS
TEMPLE GREEN, NE

For more information about our rental incentive and to book a convenient appointment to view.

Located on Temple Green Drive in the quiet Temple district of northeast Calgary, Temple Green is less than 10 minutes from the Calgary International Airport and within convenient driving distance of the downtown area.

Neighborhood amenities include parks and community recreation facilities. The Marlborough Mall and the Sunridge Mall are located nearby.

Features: Wall-to-wall carpet and window coverings, Ceiling fans, air conditioners in some suites, some upper floor suites feature spacious rooftop decks, In-suite washer and dryer hook-up, In-suite storage, Intercom security system, Underground heated & surface parking available, On-site management & maintenance staff

CALL US TODAY 403.280.4718 OR EMAIL US AT templegreen@scpl.com

www.SCPL.com SHELTER CANADIAN PROPERTIES LIMITED

More mileage from your RRSP refund

MONEY SENSE

Using your refund wisely can build your financial security

Camilla Cornell

If you have a lingering balance on your credit card, now is the time to pay it off. ISTOCK

Nando Tantalo and Deanne Kelleher plan to get their RRSP contributions doing double duty next year. Since Tantalo is self-employed, the tax refund that his contribution triggers will go toward reducing the taxes he has to pay. But Kelleher works full time and has tax withheld from every paycheque bi-weekly, so her contribution should yield a sizeable refund cheque.

The plan: "We're going to use that refund to make an extra lump sum payment on the mortgage," says Tantalo, an accountant and tax preparer. "The beauty of it is that slapping that refund down on top of your regular mortgage payments goes directly toward reducing the principle." The result: you pay less interest over the long term and you're mortgage-free sooner.

Indeed, while it may be tempting to view an RRSP tax refund as a windfall (and fritter it away on a vacation or the newest iPhone model), by consistently using your refund wisely you can build your financial security over the long term, says Ken Huggins, a senior wealth advisor with Meridian Credit Union. "It helps to have a plan in mind," he says. "That way, you can say, 'Here's where I am now. Here's where I need to be. And here's how I'm going to get there.'"

Here's how to use your refund wisely.

Pay down debt

Start with high-interest debt first, advises Tantalo. If you have a lingering balance on your credit card, now is the time to pay it off. Even if you invest that money, it would be almost impossible to get a rate of return higher than the 10 to 20 per cent interest rate you'll pay on credit card debt, adds Huggins.

"And that's a guaranteed return," he points out. "Even if you invest aggressively, it's not reasonable to expect you could get that." What's more, he points out, paying down debt "frees up cash flow to invest more going forward because it saves you the interest charges."

Invest in a TFSA

Depending on your circumstances, investing in a TFSA may be a wiser use of your money than maxing out your RRSPs. The rule of thumb, says Higgins: If you expect your income in retirement to be lower than it is now, you should probably opt to invest in an RRSP. But if you have a government pension plan and you're expecting an inheritance, for instance, your income may well be higher in retirement. In that case, you're better off investing in a TFSA, mainly because withdrawals don't count as taxable income (and thus won't push you into a higher tax bracket). And of course, if you've used up all your RRSP contribution room and you're looking for a place to park that tax refund, investing in your TFSA should be next on your list.

Chip away at the mortgage

Many mortgages allow you to make a lump sum prepayment of up to 30 per cent per year. "Even with interest rates bottoming out, that's going to help you in future because it reduces your need for cash flow and builds equity in your home," says Huggins.

Start an RESP for your kids

Contributing your refund to a Registered Education Savings Plan (RESP) will help ensure you're not scrambling to fund your children's post-secondary education at the same time as you're contemplating retirement. The added bonus: it will trigger the government to kick in a Canada Education Savings Grant, worth 20 per cent or $500 on contributions up to $2,500 per year (to a maximum of $7,200 in grant money).

"Over 14 years or so, that grant adds up to almost a full year's tuition and that's not counting any investment returns," says Huggins.

Financial resolutions to save money in 2016

It's never too early to make long-term financial goals. ISTOCK

Vawn Himmelsbach

Consumer household debt hit a record high of 165 per cent last fall, according to Statistics Canada — nearly double what it was in 1990. And it's climbing.

That means, for most Canadians, their debts are rising faster than their incomes, thanks to historically low interest rates and rising real estate prices.

But with a new year comes new resolutions — a chance to trim expenses, not just waistlines. But, as anyone who resolves to stick to that kettlebell class twice a week or cut out caffeine can attest to: making resolutions is the easy part. Sticking to them, however, is a challenge.

But simple changes to spending habits can go a long way financially, according to Paul Shelestowsky, senior wealth advisor with Meridian Credit Union, who helps his clients make realistic financial resolutions — and stick to them.

The single most important step, he said, is to create a budget and track expenses. People want to know how much they should be saving for retirement and when they can retire — but if they don't have a realistic grasp of how much they're spending each month, those calculations could be way off.

While putting together a budget may seem like a daunting task (and a lot of work), these days it's easier than ever with various online budgeting tools, such as mint.com, that aggregate information automatically across financial institutions.

Many of these tools can also help to set goals, such as saving a certain percentage of your income for RRSPs or improving your credit score.

And it's never too early to start; even in your 20s, using an online tool to track expenses and create a budget is important for long-term retirement goals, according to Shelestowsky.

After all, the more accurate your budget, the more accurate your retirement plan can be. "People find it really helpful to go through that exercise because it gives them peace of mind," he said. "It lets them know they can retire with confidence because it is a huge unknown."

But, "it's not going to happen without putting the time in," said Shelestowsky. While the tools have improved dramatically over the past decade, a budget still requires time and discipline — whether you're saving for an RRSP, an education or a house. And it can help you see if you're overspending in a particular area so you can make better decisions with your money.

Creating a budget — and sticking to it — is particularly important these days, since people tend to have less take-home pay, fewer benefits (including pensions) and bigger mortgages. Trying to save 10 per cent of your income for retirement savings — after tax dollars — can be a struggle. "Most people aren't putting that away in RRSPs, TFSAs or savings," said Shelestowsky.

But debt doesn't have to be a dirty word — and there's a difference between good debt and bad debt. "Good debt is your mortgage; bad debt is almost everything else," he said. "You want to form a hierarchy of interest payments: Whatever is the highest rate of interest, find a way to get rid of it."

Another resolution that can help to improve your finances is to find a financial advisor. Many people assume if they're not high-net-worth, they don't need an advisor. But you don't have to be a millionaire to bring in the pros. Financial planning can involve anything from investment planning to income tax planning, estate planning, credit lending and insurance.

A good advisor should be able to cover off any aspect of your life goals, said Shelestowsky, whether that's holistically or component-driven. "The product selection, the underlying investments — that's a small part of it," he said. "The products are what we use to make the plans happen."

Feel good about experiencing the thrill of money-back banking.

When you open an account with Servus you get a share of the profits at the end of the year. And the more you bank with us the more money you get back.

Feel good about your money.

servus credit union

Personal | Mortgages | Investments | Loans | Insurance | Business

servus.ca/feelgood

The Servus logo and the Servus Circle graphic device are trademarked properties of Servus Credit Union Ltd.

metro SPORTS

Roger Federer underwent successful arthroscopic knee surgery and will have to skip at least two tournaments

Wideman believes hefty ban is wide of the mark

NHL

Flames vet to appeal 20-game suspension for sticking official

The NHL suspended Calgary Flames defenceman Dennis Wideman 20 games on Wednesday for cross-checking a linesman during a game last week, the second-longest suspension in NHL history for abusing an official.

Wideman was suspended for violating the league rule on physical abuse of officials after he struck linesman Don Henderson and knocked him down during the Flames' game against Nashville on Jan. 27.

The NHL Players' Association said in a statement that Wideman is appealing the suspension. "We strongly disagree with the League's decision to suspend Dennis Wideman," the players' union said. "Dennis has played in 11 NHL seasons and almost 800 games without incident. The facts, including the medical evidence presented at the hearing, clearly demonstrate that Dennis had no intention to make contact with the linesman."

The 32-year-old will forfeit $564,516 in salary as a result of the suspension.

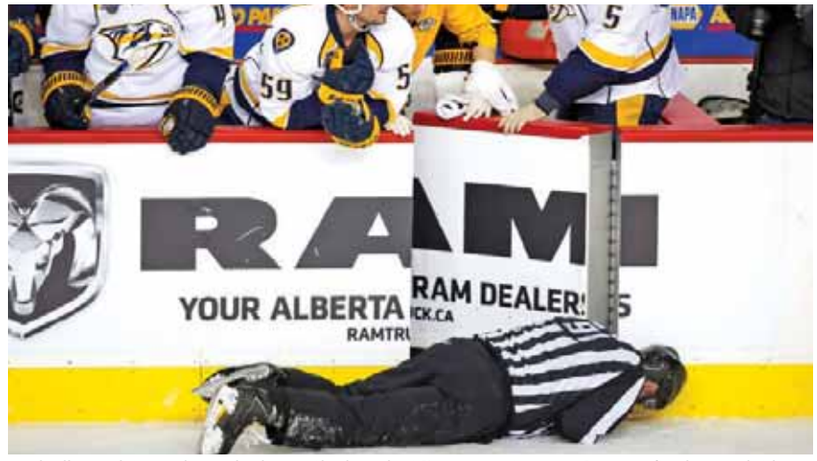
Wideman had a hearing with the NHL's department of hockey operations on Tuesday that included representatives from the Players' Association and NHL Officials Association.

After the game last week, Wideman said he was in pain after a hit from the Predators' Miikka Salomaki and couldn't avoid hitting Henderson. He was not penalized and skated over to the officials and apologized moments later.

"Throughout my career — and I've been around for a few years — I think I've treated every official with the utmost respect," Wideman said, "and I would never intentionally try to hit a linesman or a ref or anything like that." Wideman has no previous history of on- or off-ice incidents and is known as a player who often avoids penalties. He has just 30 penalty minutes in 48 games this season.

Wideman has two goals and 17 assists this season for Calgary, which began Wednesday in 13th place in the Western Conference. THE ASSOCIATED PRESS

Dennis Wideman
GETTY IMAGES



Nashville Predators' players look over the bench at **linesman Don Henderson** after he was hit by **Calgary Flames' Dennis Wideman** in Calgary. JEFF MCINTOSH/THE CANADIAN PRESS

Go to metronews.ca for coverage of the Flames-Hurricanes game Wednesday night

NOTABLE BANS IN NHL HISTORY

- **Lifetime:** Billy Coutu for assaulting two referees and starting a bench-clearing brawl (April 1927).
- **41 games:** Raffi Torres for an illegal hit to the head of Jakob Silfverberg (October 2015).
- **30 games:** Chris Simon for stomping on the ankle of Jarkko Ruutu (December 2007).
- **25 games:** Raffi Torres for an illegal hit to the head of Marian Hossa (April 2012).
- **25 games:** Jesse Boulerice for cross-checking Ryan Kesler in the face (October 2007).
- **25 games:** Chris Simon for a stick attack to the face of Ryan Hollweg (March 2007). THE CANADIAN PRESS

SUPER BOWL

Manning may walk off into sunset just like Elway

John Elway in a Broncos uniform, he was facing the stands, both hands aloft, holding his helmet in his left hand, and his right hand clenched into a tight, celebratory fist.

He flashed that toothy smile, knowing that a few minutes later, he would be cradling his second Super Bowl trophy.

He went out on top. No matter what happened after that — and Elway has gone on to accomplish plenty — his last meaningful moments on a football field had resulted in a victory in the biggest game of all.

"It's a very nice thing to have," Elway said this week, "knowing you can always look back and have a real positive thought."

Now, Elway runs the team he used to play for. In 2012, he signed Peyton Manning, who, at 39, is even older than Elway was when he played his last game in 1999.

And now, it's Manning who could be taking that same walk into the sunset as Elway did. It's hard to think those conversations won't pick up steam over the next few weeks.

Peyton Manning and John Elway GETTY IMAGES

Manning has already told Patriots coach Bill Belichick, in a not-so-private exchange at midfield two weeks ago, that this might be his last rodeo. He has refused to expand on that.

The ravages of age on Elway weren't as glaring as what Manning has displayed at times this season. Manning's 17 interceptions before going to the sideline with a foot injury in November were hard to watch.

That he has rebounded and guided the Broncos to the Super Bowl is a testament to his guile and smarts.

> **It's a very nice thing to have.**
> John Elway on winning Super Bowl in his final game.

If he's holding the Lombardi Trophy on Sunday night, he'll have a chance to join his boss in some very rare company: Two Broncos who rode off into the sunset. THE ASSOCIATED PRESS

IN BRIEF

Montreal hockey player awarded $8 million after being left paralyzed

A Montreal-area hockey player who was 16 when he became quadriplegic after a bodycheck from behind propelled him into the boards has been awarded $8 million.

One of Andrew Zaccardo's lawyers says the amount handed down by a judge might be a record in such a case in any sport.

Zaccardo has been unable to walk and has had to use a wheelchair since being hit by Ludovic Gauvreau-Beaupre in 2010. THE CANADIAN PRESS

Jays to install new dirt infield at Rogers Centre

The Toronto Blue Jays' infield is getting an upgrade. The team announced Wednesday it will begin installing a regulation dirt infield at Rogers Centre next week that will be ready for the 2016 regular season.

The work will involve excavation of the cement floor at the stadium in the base path and infield areas to a depth of 30.48 centimetres and will impact an area of approximately 1,115 square metres.

Layers of gravel, sand and clay will be inlaid in the excavated areas to ensure proper conditions suitable to a major-league playing surface. THE CANADIAN PRESS

Sabres rally in the third period to beat ailing Habs

Jamie McGinn and Johan Larsson scored in the third period as the Buffalo Sabres posted a 4-2 comeback victory over the slumping Montreal Canadiens on Wednesday.

Marcus Foligno and Brian Gionta, into an empty net, also scored for Buffalo (21-26-4), which played its first game since the all-star break. The Sabres, last in the Atlantic Division, are 6-4-0 in their last 10 games.

Dale Weise and Alex Galchenyuk scored for Montreal (24-2-44), which has lost four in a row and is 1-8-1 in its last 10. The Canadiens opened the season on a 19-4-3 tear but are 5-20-1 since then. THE CANADIAN PRESS

RECIPE Pasta with Peas and Green Onion

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Run, don't walk to the grocery store. This dish uses only 5 ingredients (we're not counting the oil, OK?) but yields big flavour and even more leftovers. We call that a dinner trifecta.

Ready in
Prep time: 15 minutes
Total time: 30 minutes
Serves 4 to 6

Ingredients
- 500g rigatoni pasta
- 2 cups fresh or frozen peas, cooked and drained
- 1 1/2 cups crumbled feta cheese
- 1 bunch green onions (about 4), sliced
- 1/3 cup olive oil
- Juice of half a large lemon
- 1 Tbsp chopped fresh mint, plus more for garnish

Directions

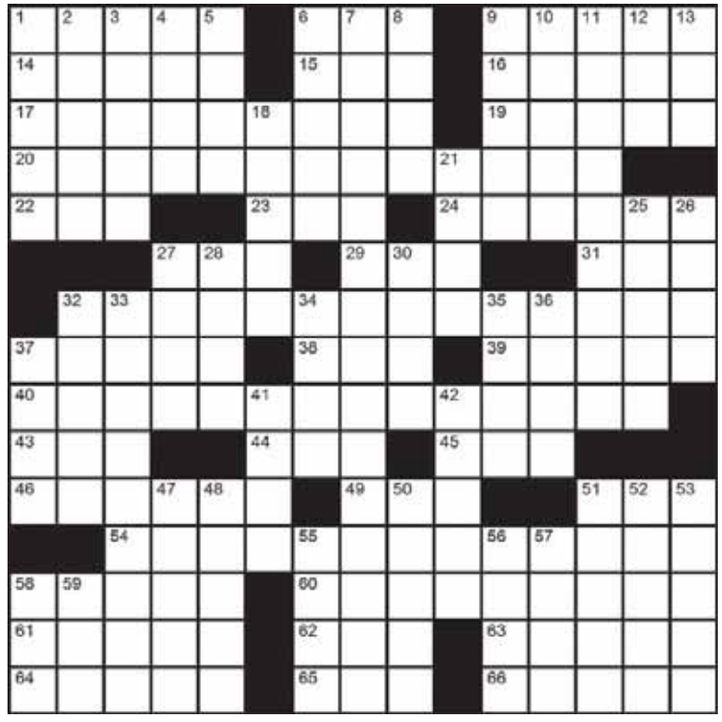
1. Bring a large pot of salted water to boil over medium heat. Once boiling, add the pasta and cook 7 to 11 minutes, or until al dente. Drain the pasta and pour into a large bowl.

2. Mix pasta with peas, onions and feta. In a small bowl, whisk olive oil, lemon juice and mint. Drizzle dressing over pasta and toss throughout. Sprinkle pasta with another teaspoon of fresh, chopped mint and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Large amounts
6. __-la-la
9. Mr. Baron Cohen
14. Song line
15. CD-__
16. Like some verbs, for short
17. As per #32-Across... Bonhomme's grand home in his fantastically frigid kingdom: 2 wds.
19. Canadian guitarist Ms. Boyd
20. Fast food utensils: 2 wds.
22. French seasoning
23. Company name abbr.
24. Medieval fief holder
27. Non-verbal communication syst.
29. Be in debt
31. "_! _ cut myself!" (Veggie chopper's cry)
32. Annual event since 1955 currently underway in Quebec City: 2 wds.
37. Breadcrumbs of Japan
38. 'O' of OLP
39. Had that burger: 2 wds.
40. Hit for Joe Cocker that goes "Baby let me be / 'Cause you don't care...": 3 wds.
43. "Not impressed."
44. "Yuck!"
45. Hardy animal
46. A __ (Theoretical thinking)
49. Big Apple newspaper [acronym]
51. Help
54. According to the bio of Bonhomme (the mascot of #32-Across), it's his dream to eliminate this in the world: 2 wds.
58. Celebrity chef Ms. De Laurentiis
60. Emotionally cleansing
61. "When does __ __ lighter out again?" (Hoping-for-Spring query)
62. Dernier __ (Latest fashion)
63. Metamorphosis-izer
64. Shrek's beloved
65. Mr. Cobb, and others
66. Hamilton = __ City

DOWN
1. Undergarments worn with dresses
2. Recurring process
3. Expanse-related
4. Plunges
5. "Vamoose!"
6. Stretch of land
7. "The Last Waltz" (1978) directed by Martin Scorsese and starring The Band: 2 wds.
8. "Indeed!"
9. Region's forest trees
10. Ram's sign
11. __ artists (Singers such as Taylor Swift)
12. Farm bird
13. Palindromic honorific
18. City in northern France
21. Folkie band, Bon __
25. Anticipate
26. Lively tune
27. Ancient Egyptian cross
28. Ancient colonnade
30. Cautious
32. Decliner
33. Visiting the Windy City: 2 wds.
34. Rice-A-__
35. Scot's negatives
36. "Take __ __ a sign."
37. Shoe style
41. "Correct me __ __ wrong, but..."
42. Submarine entrance
47. __ days
48. Lasso
50. Abominable snowmen
51. Cavern
52. "Okay, __ __ up already, what's the answer?"
53. Sticker
55. Bank __.
56. Mr. Holbrook's
57. Smell __ __ (Be suspicious)
58. Picture file extension
59. "Lord, is __ __?" (Last Supper question)

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
They say opposites attract and someone who's as different from you as possible will get your pulse racing. You'll recover your senses quickly, but it could be the love of your life.

Taurus April 21 - May 21
Stick to tried and trusted ways, even if some may say it's old-fashioned. Not everything old is wrong and at least you get things done, which is more than can be said for some!

Gemini May 22 - June 21
Don't worry if you find yourself in a minority of one. Being the kind of person who stands out from the crowd, it is inevitable that you will be criticized by those who would prefer everyone to think and act alike.

Cancer June 22 - July 23
Someone needs your support and a shoulder to cry on. Do what you can to assist them. It may be emotionally draining but you have been through this kind of scene many times before.

Leo July 24 - Aug. 23
You are in a restless mood, unable to get comfortable in any one place. Why should that be a problem? Why should you stay still? Be adventurous. Boredom is to be avoided.

Virgo Aug. 24 - Sept. 23
Why can't some people see sense? You will have to deal with someone whose grasp of logic is non-existent. Make your point, then get away from them as quickly as you can. You're under no obligation to stay.

Libra Sept. 24 - Oct. 23
It may be hard to think straight today but it's essential if you don't want to get caught up in a big scene. You can't stop others from ranting and raving but you don't have to join in.

Scorpio Oct. 24 - Nov. 22
You may be tempted to hit back at someone who's giving you a hard time but is it a good idea? They may just be waiting for an excuse to start an open fight.

Sagittarius Nov. 23 - Dec. 21
Someone you thought was a friend will show their true colours and try to convert you to their way of thinking. Let them know that in future they must only give their opinions when asked — in other words, never!

Capricorn Dec. 22 - Jan. 20
Someone in a position of authority will get a bit emotional today. Do what you can to calm them down. Not only will they appreciate your advice but they will mark you down as someone who can be trusted.

Aquarius Jan. 21 - Feb. 19
You will have fun today but you may feel guilty because not everyone is as happy or fortunate as you. Help others get over whatever it is that is bothering them but don't let their mood bring you down.

Pisces Feb. 20 - March 20
Negative feelings may be natural but don't let them take over your life. Confront whatever it is that pains you today.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		2			4	3		
	7						1	
9				8	1			2
1		4	2		6			
		3				4		
			1		9	8		3
8			7	6				4
	2						7	
		9	5			2		

©2013 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

GET AHEAD OF THE CROWD
YOUR CAREER TRAINING STARTS NOW!
BUSINESS, HEALTHCARE, IT, LEGAL, HOSPITALITY AND MORE!
CALGARY NORTHEAST (403) 569-8973
CALGARY SOUTH (403) 252-8973
Academy OF LEARNING CAREER COLLEGE
www.academyoflearning.ab.ca

TOYOTA SMART BUY EVENT

aeroplan

FLASH SALE!

3 DAYS ONLY!

RENEW YOUR TOYOTA LEASE AND GET A 1% RATE REDUCTION!

LOWER YOUR PAYMENTS AND GET CASH BACK OAC!

50%* OFF

WINTER TIRES OR PROTECTION PACKAGES OR TOYOTA REMOTE STARTERS OR GENUINE TOYOTA ACCESSORIES OR TOYOTA EXTENDED WARRANTY WITH PURCHASE

Driven To Be Different

* Savings on products are for supply only. Conditions may apply. Warranty package is 48/100k only. Program valid from February 3rd to February 6th, 2016.

403.290.1111
www.chtoyota.com

AMVIC Alberta Motor Vehicle Industry Council

Country Hills TOYOTA | SCION